



Grilled lamb with wintry rice salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onion red
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp olive oil
- ☐ 400 g lamb loins lean
- ☐ 140 g rice wild
- ☐ 1 handful mint leaves chopped
- ☐ 1 handful parsley chopped
- ☐ 120 g pomegranate seeds fresh

- ☐ 50 g pistachios chopped
- ☐ 50 g cranberries dried
- ☐ 0.5 orange juice
- ☐ 0.5 juice of lemon

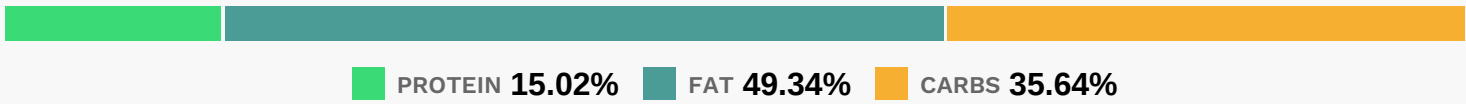
Equipment

- ☐ frying pan

Directions

- ☐ Grate 1 onion into a shallow dish, add the cinnamon and tbsp olive oil, then mix.
- ☐ Place the lamb steaks in the dish, rub in the marinade, then cover and set aside while you make the rice.
- ☐ Place the rice and 600ml water in a pan. Bring to the boil, then turn down and simmer, covered, until all the water has evaporated about 20 mins. Take off the lid and cool. Finely chop the remaining red onion and mix into the rice along with the herbs, pomegranate, pistachios and cranberries. Finally mix in the orange and lemon juice, the remaining olive oil and season well.
- ☐ Remove the lamb from the marinade, shaking off any excess. Griddle for about 5 mins on each side, depending on how you like your meat, and serve with a big spoonful of rice.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:21.74, Inflammation Score:-6, Nutrition Score:19.624347787836%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.54mg

Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 603.21kcal (30.16%), Fat: 33.41g (51.39%), Saturated Fat: 11.51g (71.94%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 49.27g (17.92%), Sugar: 17.26g (19.18%), Cholesterol: 73mg (24.33%), Sodium: 65.72mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Manganese: 0.82mg (40.9%), Vitamin B12: 2.31µg (38.5%), Selenium: 25.49µg (36.42%), Vitamin B3: 6.97mg (34.87%), Phosphorus: 289.55mg (28.96%), Zinc: 4.32mg (28.78%), Vitamin K: 28.44µg (27.09%), Vitamin B6: 0.5mg (25.05%), Copper: 0.43mg (21.41%), Fiber: 5.02g (20.1%), Vitamin B1: 0.3mg (19.98%), Vitamin C: 14.73mg (17.85%), Vitamin B2: 0.29mg (16.95%), Potassium: 580.53mg (16.59%), Iron: 2.78mg (15.44%), Magnesium: 57.22mg (14.3%), Folate: 54.72µg (13.68%), Vitamin B5: 1.31mg (13.07%), Vitamin E: 1.51mg (10.1%), Calcium: 67.11mg (6.71%), Vitamin A: 196.84IU (3.94%)